

## NASA AMES



## Fitness Center

## Ames Fitness Center Class Schedule

Participate in the various fitness classes offered at Ames Fitness Center including Hatha Yoga, Aerobics and more. You must have a Fitness Center Medical Approval and Clearance. Visit the ARC network:

<http://fitnesscenter.arc.nasa.gov/>



## Biosciences Division Brown Bag Seminar

POC: Wenonah Vercoutere  
[wenonah.a.vercoutere@nasa.gov](mailto:wenonah.a.vercoutere@nasa.gov)

The Biosciences Division holds its monthly seminar series on the first Wednesday of each month at 12:10 PM - 1 PM in Bldg. 239, Conference Room B039 (Basement).



## African American Advisory Group (AAAG)

POC: Jim Busby

[james.busby-1@nasa.gov](mailto:james.busby-1@nasa.gov)

Meetings are held on the last Wednesday of each month from 12:00 PM - 1:00 PM in Building N241, Room 237.

BBQ on 7/25 at Chase Park



## AMES JAZZ BAND

## Blue Grass Musicians

POC: Bob Haberle  
[Robert.M.Haberle@nasa.gov](mailto:Robert.M.Haberle@nasa.gov)

x4-5491

All levels and all instruments are welcome.

## Ballroom Dancing

<http://abdc.arc.nasa.gov>



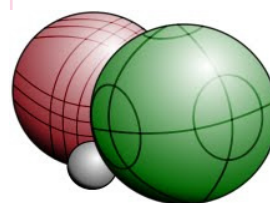
## Aikido Club

POC: Diane Pereda

[mfaikido@aol.com](mailto:mfaikido@aol.com)

(650) 575-9070

Aikido is a non-competitive, defensive martial art known as the "Way of Harmony." Mondays and Wednesdays 6:30 PM in Bldg. 944.



## Bocce Ball Club

POC: Mike Lindsay

[michael.c.lindsay@nasa.gov](mailto:michael.c.lindsay@nasa.gov)

The Ames Bocce Club (ABC) is open for participants of all skill levels. Bocce Ball club meets every Wednesday at 5:30 PM at the Picnic area, facing east of Building N20.



## Volleyball Club

[http://exchange.arc.nasa.gov/clubs/doc/Ames\\_VB\\_Assoc\\_web.doc](http://exchange.arc.nasa.gov/clubs/doc/Ames_VB_Assoc_web.doc)

Monday through Friday, games usually start at noon depending on weather and interest. Courts are located across the Mega Bites Cafe on Durand Street.

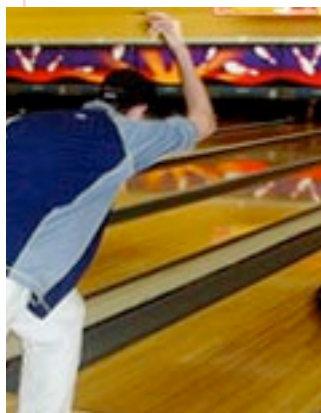


## Women's Influence Network (WIN)

POC: Elena Serna

[elena.serna@nasa.gov](mailto:elena.serna@nasa.gov)

The first Wednesday of each month, the Women's Influence Network (WIN) meets from 2 PM - 3 PM in Bldg. 241, Room 237.



### Bowling

Every Thursday from 6:20 PM to approximately 8:30 PM

Location: Homestead Lanes-20990 Homestead Rd. Cupertino, CA 95014

[http://exchange.arc.nasa.gov/clubs/clubs\\_bowl.html](http://exchange.arc.nasa.gov/clubs/clubs_bowl.html)



### Knitters Club

POC: Rosalyn Jung

[nimbleknitters@gmail.com](mailto:nimbleknitters@gmail.com)

All levels of knitting expertise are welcome. Meetings are held in Bldg. 210, Conference Room 03, 11:30 AM on Tuesdays.

<http://knit.arc.nasa.gov/schedule.html>



### Golf

Golfers can play nine holes or more if desired and daylight is permitting.

Thursdays 4:00 PM – 4:30 PM

<http://slserver.arc.nasa.gov/agc/index.html>



### Sailing Club

Meetings are held on the 2nd Thursday of the month, March through November, 11:30 AM - 1:00 PM in Bldg. N260, Room 113 Races are also conducted.

<http://sail.arc.nasa.gov/>



### Soccer Club

The Ames Soccer Club meets at lunchtime every Monday, Wednesday, and Friday. Games start at 12:15 PM and last as long as there are enough players.

Meet at Building 245, near the flight line.



### Hispanic Advisory Committee for Employee

POC: Eric Kristich

HACE is involved in community outreach activities as well as professional organizations.

Meetings are held on the first Thursday of the month 11:30 AM - 12:30 PM in Bldg. N255, room 101c.



### Toastmaster

POC: Estelle Dodsonestelle.dodson@nasa.gov

Engage in a public speaking group 12:00 PM - 1:00 PM in Building N269, Room 179.

<http://jetstream.freetoast-host.com/>



### Other Club Listings

<http://exchange.arc.nasa>

#### Softball

Bob Bilikas (650) 604-1773

Other Club Listings are also available at the ARC Network Website.